

Living Positively



victory
programs
Boston Living Center



**September
2024**

ADMINISTRATION

Alyssa Collaro - Program Director	245
Megan Deglman - Education & Support Services Manager/Clinical Supervisor	240
Future Coleman-Arroyo -Member Services Manager	222
Jessica Karasik -Food and Nutrition Services Manager	227
Kevin Koerner -Concierge/Facilities Manager	235

MEMBER SERVICES

Steven Spinale -Education Services Specialist	232
Bryan Toapanta -LGBTQ+ Advocate	254
Chris Santana -HIV Peer Advocate & Receptionist	259/200
Ezekiel Russell -HIV Non Medical Case Manager	253
Jonathan Luna-Alcaraz -HIV Non Medical Case Manager	255
Daniel Benitez-Posada -HIV Peer Advocate	226
Jeff Webb -Peer Services Specialist	247
Chaka Meredith -Peer Re-entry Support Advocate	273

FOOD SERVICES

Walter Peavy -Chef	230
Faith Parker -Sous Chef	236
Ana Berbel -Psychosocial Support Nutritionist	257
Christiana Fonesca -Receptionist & Food/Nutrition Assistant	200/236

SPOTLIGHT



**We Would Like To Take This Opportunity To
Introduce The Newest Member Of Our Staff!!**

**JESSICA KARASIK (SHE/HER)
FOOD AND NUTRITION SERVICES MANAGER**



WE'RE SO GLAD YOU'RE HERE!

New Group Alert!

What's the Tea with HIV



Let's destroy stigma together!

Join Steve & Daniel for a tea party at 1:45 pm in the GJR on Sept. 11th to discuss living and thriving with HIV. Let's learn about new treatments and possibilities.

**Together we can tackle
misconceptions!**



**9/11
1:45 pm @ GJR**

More information:
Steve or Daniel @
BLC 29 Stanhope ST.
dbposada@vpi.org
sspinalo@vpi.org



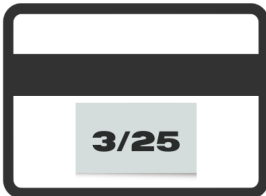
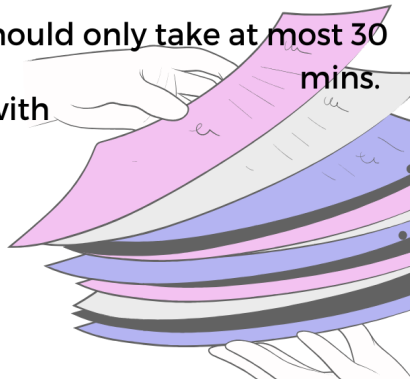
WE WANT YOU ...TO COMPLETE A REASSESSMENT

Every 8 months we ask all members, new and seasoned, to update their current member file.

As a non-profit organization funds are super important; we want to continue to ensure all members have access to all the great things we offer.

The process should only take at most 30 mins.

You can set up an appointment with anyone in member services.



^^Check the back of your BLC card for a month and year for your next reassessment

Visit the Member Services Office;
we're here to help! :)



All That Jazz

Join Megan and Steve to learn about trauma and how music can help you cope with it.

Part one
of a two-part
workshop!



**Wed Sept 18th at 1:45pm
In the George Johnson Room**

For more information seek out

Steve; sspinale@vpi.org ext. 232
or Megan; mconley@vpi.org ext. 240

**September
Topics!**




SPEAK UP

Join Steve for an interactive group that focus on communication and self-advocacy

Sept 12th topic: Communication Styles
Sept 26th topic: Narratives

The 2nd and 4th Thursday of the month
At 1:45 in The George Johnson Room

Sun	Mon	Tue	Wed
<p>1 <i>National Suicide Prevention Month</i></p> <p><i>World Alzheimer's Awareness Month</i></p> <p><i>National Recovery Month</i></p>	<p>2 LABOR DAY- BLC CLOSED</p> 	<p>3</p>	<p>4 9:30a Morning Meditation</p> <p>11:00a-1 Acup</p> <p>1:30p B.I.G. R Grp</p>
<p>8</p>	<p>9 1:00p Walking Group 4-5p Chat B4 Dinner</p>	<p>10 1:30p Beaded Jewelry w/ Sarah</p> <p>2-3p VOICES: en Espanol</p> <p>3-4p Finding Home</p>	<p>11 9:30a Morning Meditation</p> <p>1:30p B.I.G. R Grp</p> <p>1:45p Spill The</p>
<p>15 Hispanic Heritage Month Begins! Sept. 15-Oct. 15</p> 	<p>16 1:00p Walking Group 4-5p Chat B4 Dinner</p>	<p>17 1:30p Paint Night</p>	<p>18 9:30a Morning Meditation 11:00a-1 Acup</p> <p>12p Community table 12:30p Karaoke</p> <p>1:30p B.I.G. R Grp 1:45p All That</p>
<p>22</p>	<p>23 1:00p Walking Group 4-5p Chat B4 Dinner</p>	<p>24 1:30p Beaded Jewelry w/ Sarah</p> <p>2-3p Keepin' it 100</p> <p>3-4p Finding Home</p>	<p>25 9:30a Morning Meditation</p> <p>1:30p B.I.G. R Grp</p>
<p>29</p>	<p>30 1:00p Walking Group 4-5p Chat B4 Dinner</p>		<p>Bridges Support Group M-F 11a the Library. Breakfast is served 8a-10:30a & Luncheon served 12p-1:30p M-F. Dinner is Mondays 5p-6pm</p>

Calendar of Events for September

Wed	Thu	Fri	Sat
<p>ing</p> <p>cupuncture</p> <p>3. Recovery</p>	<p>5</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>1:45-2:45p Grupo Latino!</p>	<p>6</p> <p>11:00a Yoga</p> <p>1:45p Friday Flick: Beetlejuice</p>	<p>7</p> 
<p>ing</p> <p>3. Recovery</p> <p>The Tea</p>	<p>12</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>12p Pantry</p> <p>1:45 Speak Up!</p>	<p>13</p> <p>10:00a Diamond Painting</p> <p>11:00a Yoga</p> <p>12p Pantry</p> <p>1:45p Friday Flick: The Shining</p>	<p>14</p> 
<p>ing</p> <p>cupuncture</p> <p>unity Servings</p> <p>raoke!</p> <p>3. Recovery</p> <p>hat Jazz</p>	<p>19</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>1:45-2:45p Grupo Latino!</p> <p>1:45p Friendship Skills Part Two</p>	<p>20</p> <p>11:00a Yoga</p> <p>1:45p Friday Flick: Encanto</p>	<p>21</p> 
<p>ing</p> <p>3. Recovery</p>	<p>26</p> <p>12:00p The Fenway/ MGH Grp table</p> <p>12p Pantry</p> <p>12:30p Women THRIVE</p> <p>1:45 Speak Up!</p>	<p>27</p> <p>11:00a Yoga</p> <p>12p Pantry</p> <p>1:45p Friday Flick: Pan's Labyrinth</p> <p>2p Cooking Class</p>	
<p>upport</p> <p>11a-12p in</p> <p>is served</p> <p>Lunch is</p> <p>1:30pm</p> <p>er is on</p> <p>-6pm</p>	<p>WHAT'S HAPPENIN' @ THE BLC?!"</p> <p>Check it out! Located at the top of the main staircase</p>		

FOOD PANTRY

Get fresh + seasonal harvest
and shelf-stable produce

September 12 & 13
September 26 & 27

12pm - 1:30pm
in the Dining Room



For more information please contact Jessica or Ana in Nutrition



Celebremos juntos la semana de la hispanidad!

**Del 16-20 de septiembre
disfruta comidas
especiales de nuestra
región aquí en el BLC**

**El 27 acompañanos en
el taller de arepas a las
2 pm**



Para más
información:
Daniel @ 29
Stanhope st.
dbposada@vpi.org
6172361012 x226

Calling All Artists!

DIAMOND ART PAINTING

Join in on a
fun activity
using
Diamond Art
to create
keychains
and coasters.

September 13th at
10am in the GJR.

See Chris in
Member Services
for more info.

csantana@vpi.org

Ext: 259





Autumn Paint NIGHT

**Join in on a fun art activity to
create an autumn landscape.
Tuesday, September 17th at
1:30pm in the GJR. See Chris in
Member Services for more info.**

csantana@vpi.org Ext: 259



1

MASKS



If you are going to wear a mask please wear your mask properly over the mouth and nose.

Face coverings (masks) are encouraged. Protect yourself from cold & flu and covid viruses.



2

HAND WASHING



We encourage washing your hands with soap and water.

TESTING (BY APPOINTMENT)

MON-FRI 9:30AM-3:30 PM



- **Hepatitis C**
- **HIV**
- **Chlamydia**
- **Gonorrhea**
- **Syphilis**

Gift cards offered for getting tested

Available Drop In Supplies

- Hygiene Kits
 - Injection Kits
 - Crack & Meth Pipes
 - Safer Sex Kits
 - Wound Care Kits
 - Fentanyl Testing Strips
 - Sniffing Kits
 - Narcan
- & More

Mobile Prevention Team
Call or Text
617-519-6355

Food insecure?

The Boston Living Center provides a delicious and nutritious lunch Monday through Friday.

INTERESTED IN BECOMING A MEMBER?

Please contact our front desk staff at 617-236-1012 ext. 0 to schedule an intake appointment.

The Boston Living Center (Member Hours)

Monday 7:30am - 6:30pm

Tuesday - Friday 7:30am - 4:30pm

Continental Breakfast is served 7:30am to 10:30am

Mon., Tues., Thurs. & Fri.

'Sunny Side Up' (Hot Breakfast) on Wednesdays

7:30am to 10:30am

Lunch is served 12 noon to 1:30pm Monday through Friday

Dinner is served ONLY Mondays 5pm –6pm

29 Stanhope Street

Boston, MA 02116

<http://www.vpi.org/blc>

(617) 236-1012 ext. 0

(617) 236-0334 fax